

Athletics –progression through school

[Based on Run, Jump, Throw for KS1 and Athletics for KS2, PE Hub]

1	<ul style="list-style-type: none">• Pupils will begin to link running and jumping.• To learn and refine a range of running which includes varying pathways and speeds.• Develop throwing techniques to send objects over long distances.• Increase stamina and core strength needed to undertake athletics activities• Take part in a broad range of opportunities to extend strength, balance, agility and coordination• Cooperate with others to carry out more complex physical activities
2	<ul style="list-style-type: none">• Develop power, agility, coordination and balance over a variety of activities• Can throw and handle a variety of objects including quoits, beanbags, balls, hoops• Can negotiate obstacles showing increased control of body and limbs• Improve running and jumping movements, work for sustained periods of time• Reflect on activities and make connections between a healthy active lifestyle• Experience and improve on jumping for distance and height
3	<ul style="list-style-type: none">• Control movements and body actions in response to specific instructions• Demonstrate agility and speed• Jump for height and distance with control and balance• Throw with speed and power and apply appropriate force
4	<ul style="list-style-type: none">• Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities• Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.
5	<ul style="list-style-type: none">• Sustain pace over short and longer distances such as running 100m and running for 2 minutes• Able to run as part of a relay team working at their maximum speed• Perform a range of jumps and throws demonstrating increasing power and accuracy
6	<ul style="list-style-type: none">• Become confident and expert in a range of techniques and recognise their success• Apply strength and flexibility to a broad range of throwing, running and jumping activities• Work in collaboration and demonstrate improvement when working with self and others• Accurately and confidently judge across a variety of activities